What is claimed is:

1. A method of recording onto a storage medium a video segment optimized for trick mode playback comprising the steps of:

receiving said video segment, wherein said video segment contains at least one predictive picture;

selectively forming at least one shadow intra picture from said at least one predictive picture; and

inserting said at least one shadow intra picture into said video segment.

2. The method according to claim 1, wherein said video segment contains a first portion of video and a second portion of video and said second portion of video contains at least one introductory predictive picture.

3. The method according to claim 2, wherein said forming step further comprises the step of selectively decoding a predetermined number of said introductory predictive pictures in said second portion of video to obtain a properly decoded predictive picture.

4. The method according to claim 3, wherein a portion of each said introductory predictive picture contains intra macroblocks and said predetermined number is based in part on the amount of said intra macroblocks in each said introductory predictive picture.

5. The method according to claim 3, wherein said second portion of video contains at least one subsequent predictive picture and said forming step further comprises the steps of:

selectively decoding said subsequent predictive pictures; and

selectively re-encoding into shadow intra pictures predictive pictures selected from the group comprising said subsequent predictive pictures or said introductory predictive pictures.

6. The method according to claim 2, wherein said inserting step further comprises the step of inserting said at least one shadow intra picture into said first portion of video.

7. The method according to claim 1, further comprising the step of ignoring said at least one shadow intra picture during normal playback.

8. The method according to claim 1, further comprising the step of

ignoring said at least one shadow intra picture during a moderate speed trick mode playback.

9. The method according to claim 1, wherein said video segment is an MPEG video segment that does not contain any conventional intra pictures.

10. The method according to claim 1, further comprising the step of modifying the number of bits contained in each said shadow intra picture inserted into said first portion of video.

11. The method according to claim 1, wherein said video segment is received from the group comprising a cable transmission, a satellite transmission or the Internet

12. A system .for recording onto a storage medium a video segment optimized for trick mode playback comprising:

a receiver for receiving said video segment, wherein said video segment contains at least one predictive picture; and

a video processor programmed to selectively form at least one shadow intra picture from said at least one predictive picture.

13. The system according to claim 12, wherein said video processor is further programmed to insert said at least one shadow intra picture into said video segment.

14. The system according to claim 13, wherein said video segment contains a first portion of video and a second portion of video and said second portion of video contains at least one introductory predictive picture.

15. The system according to claim 14, wherein said video processor is further programmed to selectively decode a predetermined number of said introductory predictive pictures in said second portion of video to obtain a properly decoded predictive picture.

16. The system according to claim 15, wherein a portion of each said introductory predictive picture contains intra macroblocks and said predetermined number is based in part on the amount of said intra macroblocks in each said introductory predictive picture.

17. The system according to claim 15, wherein said second portion of video contains at least one subsequent predictive picture and said video processor is further programmed to selectively decode said subsequent predictive pictures and selectively re-encode into shadow intra pictures predictive pictures selected from the group comprising said subsequent predictive pictures or said introductory predictive pictures.

18. The system according to claim 14, wherein said video processor is further programmed to insert said at least one shadow intra picture into said first portion of video.

19. The system according to claim 12, wherein said video processor is further programmed to ignore said at least one shadow intra picture during normal playback.

20. The system according to claim 12, wherein said video processor is further programmed to ignore said at least one shadow intra picture during a moderate speed trick mode playback.

21. The system according to claim 12, wherein said video segment is an MPEG video segment that does not contain any conventional intra pictures.

22. The system according to claim 12, wherein said video processor is further programmed to modify the number of bits contained in each said shadow intra picture inserted into said video segment.

23. The system according to claim 12, wherein said video segment is received from the group comprising a cable transmission, a satellite transmission or the Internet.